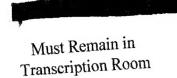
M2264 Saturday 6-2-73 Nishimuri IV Sunday 6-3-73 Barn Lunch



MR. NYLAND:

Well. I'm back. Three weeks ago werwere here. Two week-ends we met. I thought of you. I thought of you many times when I was in the West Coast. I had many thoughts, of coa course, not only at the West Coast, and not only I Warurch. I had thoughts in general. I thought about the world. I thought about conditions. I listened a little bit to the radio. It was always the same thing; a little bit more Watergate, ha business, a little more of a little more sha acy, and then some more killings; some more continuation of war without any reason, some more bombings without any authorization really, # possibility of passing a law, which finally did pass, and now what? Just a little bombing stopped but for the rest, peace on earth, the Prince of Peace creating conditions so then the earth could be in peace? Or you think, hoping?

You know, we are going through a very difficult period. Astrologically, it may be cosmologically whatever the predictions are, I don't know much about them. I always hear the year two thousand and when one says, "Well, 1989." And we still have to wait quite a number of years before and here we face all kinds of things, including inflation, including lack of credit, including gasoline prices going up, including scarcity, energy, desturbance of Mother Earth, lots of work here and there and at the same time the Stock Market going down, down, no confidence, Brice of foed going up. up. and I thought, we are under an influence which we cannot avoid, which is really the condition of this earth now, and we have to acknowledge it. And it is not a question of one or tew or three persons. It is as if it is being sent or there is a resen for it which we don't know, but in any event, we have to acknowledge it and we have to accept it because it is there. And one say," Accept it, how?" 7 ? against it. I hate it. I don't want it that way. My life I'm still living on this earth and now I have to live in this kind of a condition and what for? Why wasn't I born in the middle ages, or sometime in the Renaissance?. or saybe; a couple of hundred years later but now."

And that applies to all of us. We are here and we are faced by it. And then

Because 1

what do we do about that? Weere not going to change it. No difference- no difference it will make- a couple of nice little summit talks in Iceland? It leaves me cold. What is the result of all this? The result on us- the result on us trying to live, trying to live under these kinds of conditions, with this kind of difficulty and I thought of the groups as a whole, just coming, you might say, fresh from the West Coast -with full intentions of trying to see what to do, perhaps how to help and then I come back here. How to help, I say then. What is there for me to do?

I said many times. "Reminders." Of course I know that, Mere talks, of course we do that. A little music, sure. We play a little. We meet. We talk. We talk, talk, sometimes and again about what? Our plans? Will they fit in the general conditions which are bound to happens Of poverty, economic disturbances, sociological miscalculations, things that we have to face and are facedwith?"

And then, of course I say," a group and from group to have individuals and each one of us affected because it is the air we breath in Vatmosphere which is given And the autmosphere to us which perhaps polluted by great many negativities and thoughts and would wishhe to kill, and crime and the courts not fundioning, not properly and an awful lot of disturbance and not really honest, are they? Many people, dishonest. They been trying to find a short cut to make money. And all the time this trible let money, for power, for distinguishing oneself by means of money hoping that one will receive honor by having money, a mispalced value of money and a miscalculations of the reasons why money exists; and all at the cost of certain things which we have as human beings and all the rest that affects us and we dont't think. We feel a little, but we don't think about the proper tings. We think about that what is at hand, of course, we have to solve them. Ofcourse, we are here. We are a group. We have to solve the conditons. We are in a fix every once in a wale. We amowithat. Are we understanding certain things about these kind of conditions and what it means really for us? And then there is an influx, Ive said it before, of let's call it, spiritual literature. Not spiritualistic, but real spirit, voices from above coming, talking, mediums, people who seem to know or at least who are spirited, who are

affected and communicate and say things in our terminology, our workds so that we tow? can understand them and diving advise. What should we do? With what?

You see, you must understand I'm not against anthing of that kind. It is very necessary. One has to learn. One learns in many ways, each only by books, not only by talk, not only by association with other people on this earth. One learns also by that what is given as from above or maybe comming from heaven or from a higher level, and we ourselves, understanding a little bit about the state in which we are, with a wish of freeing oneself from such bondage, if we understand that, then of course, we are very much interested in what it would be or knowing how it might be if were were free. And so, all such descriptions, coming from above, putting it in terms which we can understand, we hope that the translations of that into our terms is correct.

But in any event, that what is being described is stimulating and onewsays

"I wish to go there." I want to get throught with this life. I don't want to

live in my body anymore. I want to get free in such a way that I can leave this

body. I want out of my body experience. With what I don't know yet although

there are

description. There are lovely descriptions and good books. Without any question

even scientifically annodated, scientifically proven, very well described. Also

you must do this and you must do that. Then you will have an experience of a

certain kind. I think it's all studie. Then I ask, then What?"

Supposing I could, supposing my body is not here, somewhere else at the same time, supposing I understand reality in different ways, not only this physical world. Supposing it is there, what is left for me to work with? My mind? My consciousness, I say sometimes ofthat what I can't imagine, that what is maybe a rationalization process? Or maybe that what I say reality or maybe then I say, realization" and then I know a little becasue I can have a realization of certain things as a result of imaginary concepts.

I want to find out what this world is worth. I want to find out where I can

go. I want to have audescription of how it might be. I what to have understanding of the reason why I want to strive towards it because, to be quite honest, I don't like this world. I want to get out of it. I don't like the conditions. I don't like the corruption. I don't like people that are like that. I think to myslef I wish honesty. Where will I find it? Thisok abound. I don't find much of it. Then I look inside and I say "Well, maybe there is a chance. There are still certain things that are unspoiled within me and perhaps not even developed but perhaps I could develop them. Then they may have something to say to me."

We say in this kind of a realization, that what is needed for one, is a new language, a new, sometimes it's called 'Gestalt,' of that what is the principle and quintescence of certain things existing without the different presentations of what we call behavior forms; without forms it \$\$ sometimes, that what is really'das Diegenansicht' That what exists as such, that what is, all that is, all and Everything, and we come back to Gurdjieff. We want to fit it in or do we? Don't we? What is it? What is it we wish? Do we want to go the difficult road of work as we say 'Work on oneself?' And then I say why? If all different things can be given to me from heaven as Manna, that I can eat, digest and live and them simply accept myself as I am if I can and them become spantaneous because there is life in me and I live that out and I say "Is that it? And do I really understand the conditons in which I live on my own? Do I know this kind of reality or are theretother? I used that word Gestalt because it has been used several times. There are several books on the Gestalt Theory."

How do I reach it? Where do I get even to my essential gegng, let alone that what will not change? How long time, maybe If I understand time? If I could eliminated time, if I could be a limitless in time in infinity, endlessness. Oh, yes God, His Endlessness. I've heard about him, He is mentioned also by Gurdjieff. Is that my aim? Is that where I wast to go? Is that real and I say now, do I wish to go? And again I ask, who else?

Is there a group? Is there a realization of that kind of the unity of a group which does not exist but then if it could exist, could be a reality? Could we make it into something that is really worth while and we all could profit by it? And I keep on thinking about that and then I see this young man. He's a little disturbed. He wanted to Work-- He tried. He came some months ago to us in the group. We knew a little bit of him, not much ,but a little. To some extent, we helped him. A We could, if we had time, if we just happened to th?nk a bout it. Maybe he was a little more disturbed than we thought. Maybe we didn't pay so much attention to him. Of course, we ere not a mental institution. We have work to do, business, activities. He could work in an activity. Of course he can even if he doesn't know how. We can teach of course, till we f ind out why he cannot? Why then is there a disturbance of some kind. Then of course, we become interested. Then we see it; but why didn't we see it a little bit before? Why didn't we know about it and then took perhaps certain steps to help. Of course we tried. I know, but enough, not sufficient. And then I think about caring for each s other, interest in what we ought to do for each other particularly when I say, "We're living together, don't we? And we know a little bit about each other and we Work and we exchange dees. We have communication . And we want to find out what it is about this spiritual world. And of course, there is interest. It should be like that. And all of that is thoughts and feelings and all very beautiful."

I've said certain things about it already before. Our work starts at home. It does not start in heaven. It's beatiful to imagine, streets of gold, and I wished, to I could see God and then as Him may I sit at his geet. And he won't know me because what have I done? Just attended a couple of meetings or some kind of a book. I've read or even the little attempts that I have made, the extra-out of the body experience and going to California and coming back and hoping to find my body still there? Hoping because after all it's a silver thread that connects that and maybe it's broken and maybe, I have an idea it's much better to be away from this world and I don't what this dirty body any more. I what something els e because Iêve tasked something that is much more palatable for me, and I forget why was I born on this earth? Why all this commotion to wish to

get away from it? And why all this description of that what exists and is beautiful and where I wish to go? Even it I can describe God and of course I would say "Of course I want t shake his hands and I hope I can see him. I hope that in time I can join his Endlessness and what do I do to become endless muse !?"

You see, we have many, many meetings. We have many, many talks. We talk about Work and there is enough information. And semetimes it is very diffuclt. What is the advantage I would say of Gurdjieff; that he writes at the present time; that we are longer dependent on Movements alone; that he is not just a teacher of dancing but that he has become an a uthor thanks to an accident. We call it an accident. Maybe it was in his weithat weithat life, preordained, that it should be thant, and do weeprofit by it. He He has left that book All and Everything, and do we know it? It takes a long time to recognize yourself on each page, doesn't it? And how much do you really spend to wish to be seen in that book or to recognize yourself on that book? And Gurdjieff doesnnot tell everything. It is so beautiful. Exactly for that reason, he gives you indications of how it might be and to put you on the road towards it. He does not describe Nirvana. He does not decribe heaven. He doesn't even describe His Endlessness except by saying, His Endlessness, I would almost use this term, was human because time seemed to eat Him up. Herapass. does not talk very much about what it is in infinity, what is renamed omni concepts together, what it is for a man to aim at the far distance? He leaves that to anyone who wishes to Work. There are enough indication of where that could be to, and that is the beauty of that book, so that whenever you read it, again and again and for the ten thousandth time, you still find something you have missed. VPerhaps you missed it because you were not attentive, or you missed it because you haven't grown up enough. And then in accordance with groth, onereceives and that should be an indication of why one has to Work because through Work we change. Through making attemats to become conscious, admitting that we are not yet, that we are still subjective, although quite lovely at times, at times even desirable, and we walk around with that for a long time, our thoughts, ideas of what we wish to accomplish. Sometimes we at in doubt. Sometimes

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we don't know what kind of a decsion to make and still we have to go on because decision have to be made sometime. Even if sometime a decsion is madeaund it turns out to be instead wrong, it would be better to make than XENEREE of remaining wishy-washy.

But of course, we don't want to do that. We want to make sure. We say, my life is my investment. I don't want really to make decisons as an investment unless I'm quite sure that I will get a return from them. And where is that kind of spontaneity that I do because I'm convinced; because I believe I belong. I believe that all of me wished and that is not so difficult to get all of me together and the n to see if that, we say, as a combination of three centers already can enter into a different kind of a realm because of such unity even if it is pseudo-unity to start with. But it takes a long time to develop three bodies so of course I start already and I wish that and I do it as well as I can and make it as harmoniously as I can.

realizing what may be involved that I know I won't drown right away, that I reflect a little bit when I go up to the moon or try to Work in the sky laboratory. If I only could have wings. If I only could find out what is the costume that I should wear when I go to the planets; what is it that should be the language when I want to study Kesjanian. What is it for me that I say as a soul that I would like to have a soul in order that Lowbeltransported, and airplane takes me from place to another. Even assuming that I have a soul or that I could utilize that what is already the beginning of one and how do I start making it if I think that I don't have it as yet because I'm so damned stupid. I'm still so God-damned subjective. I'm still so devilis ly unconscious, and if I'm honest, I know that because I have to come back again and again to statements about do I know that because I have to come back again and again to statements about do I know that because I have about this machine. This necessitated this preordained, first to find out what I am. Then I will know what it might go into, how it can develop.

And so I say, where is this knowledge about myself, the real knowledge that will cternal stay with me because it won't change; the knowledge it is for me alreadyenternal

And I cannot really what I want, eternity. No changes, always existing as what, life?

And I cannot really conceive of that, but I fall back into my ordinary existence and

I spend an awful lot of time on nonsense; and I am in a group and I'm more interested
in describing the people of the group instead of describing my own honesty. I'm more interested in negativity which happens to exist and I describe tvery well because I really
believe that such a negative description or a description of any kind of negativity is
good for me because I enjoy it. And then I go even a little further. For some time,
I become gossipy and in gossip, I don't know the truth at all. I just talk and talk
for a variety of reasons. One is to distinguish myslef. The other is to throw around all
kind of dirty nonsense in order to be listened to. And in the third palce, was create
a condition in w ich I have to live in my own negativity so that I really will stick
into that and die gradually in that. But I don't kee that. I see only the little bit of
enjoyment of being able to talk to so and so and they listen, Goddamit, they listen,

This is the trouble with us. You listen to gossip, you start to believe it or you are not strong enough to counteract it and say" Go to hell" I give you a task for this month of June. Do not dare to talk in any gossipy way. When it happens in your neighborhood, have the strength to say "Shut up." If you wish to be honest, go by facts you know for sure. If you don't know them, verify them first. Go to the source to find out.

I remember Paul de Kruif, you know the author of Microbe Hunters. We talked together the once because it was on a different kind of a subject he was interested in. We talked. The along the said it's all right what you say but you see I'm the kind of a man who goes to the source and so I want to read that whatever is in original in the Language and copied even. I want to have the written things I can trust because that is from the horse's mouth. That is what I want for my study. And so I recease that same kind of advise; go to the source. If you believe that objectivity has a value in your life, go to the source of where it is written, where it is described, where it is weritten in such a way that your subjectivity, your personal interpretation is eliminated; where there is

al the hand had the descriptions,

actually that kind of impartiality in existence; when there is such descriptions, and elimination of time concepts because they always play the deveil with one, and by God, where the deveil with one, and by God, where the deveil with one and the concepts because they always play the deveil with one, and

How often have we used the word simultanity, instantaneous, elimination all thoughts and associations, no time lengths between that what is and that what is being observed. And so, at such a time, when you wish to gossip, you have an obligation to Work and that I ask you to do that, for the month of June. It is a good activity. It is probably heloful to keep your mouth shut. Because, you see, I do not wish to tolerate gossip in this group. Whenever I hear about it, I go down to the source. I will find out because I'm interested in truth. I would like to be truthfull as honestly as I can be.

You see, we don't do that. We just let it go. We're weed, We dit really wish to Work either. The advantage for Gurdjieff is, as I say, that when you read that book, there's a little bit here, there a little bet there Tovery useful. You cannot digest immediately the different things that are given. You have to wait. You have to take time. A little later in the book, you're reminded. The book was written in four editions, of which we have the fourth. The first one was a very short one and probably contained not more than one third of the present book, as it is now published. It was dictated when Gurdjieff had his a ccident in twenty-four and he dictated it then when he was really half-way or not all there. Three months it took him to come back and during that time, re alizing that his accident could not help him to continue Prieure in the way he had felt and wished and that he could not teach dancing and that something else was necessary; and then he became an author. Not because he wished, but because he had to. And in three or four months, he dictated a little outline of the book which was then already written in a very simple form, which was then taken and edited, then read a little in order to teach Gurdjieff, to give Gurdjieff the reactions to them. Already at that early age, there were, I meant age, at that early time after twenty-four in twenty-five, in twenty-six, there were little readings of that in the Prieure of that first outline and after that, a second

outline was born. It contained more chapters, not finished. Many things were left quite unfinished which later were finished. Not the second edition, I call it, but there were a little more because it had more in it, but it did not look anything like what we now know. And out of that and many readings and many listenings, there came a third one; but even that Gurdjieff was not really satisfied with the se-called second editon.

I know about these things because I have such editons. I made it a task to find out where they were. That even the person who took the dictation of the first editon did not have a copy. Mr. Gurdjieff did not allow it. Whatever way, whichewer way, I happened to get it. Gurdjieff at that time wrote in the third series that perhaps he felt everything was lost, that what he had done so far was not right and he knew if, because he got reactions from the readings to different people, and he could study a face, and knew what was imprinted on it as a result of listening, and come to the conclusion that his work was really useless, and he was in a dilemna. What would he do? Because what was needed was to rewrite the book. And after many deliberations, he started to rewrite the book. That became the third editon. It was more complete not complete There was a chapter in the beginever. There was a chapter from the author at the end. thich already five times. There were chapters in it ning, a Warning that were unfinished. There also was material in it which later on was taken out. There was also something that was not but in but was but in the later editon and I call if the Fourth Edition. But we have a mimeographed copy of that third edition. Hundred copies we made, even without the consent of Gurdjieff and when it was finished, we had it beautifully bound in two volumes. We gave it to Gurdjieff and perhaps he was surprised and perhaps he knew but in any event, he accepted it, at least for the time being. Because afterwards, when I was in Paris, and I was going back here and he asked me to satt reading groups and he said he would send me material and I said, "Oh but I have it."

"Oh, what you have it's nothing." He meant the Third Edition that what was so precious to us. He said you haven't got it. It'll send you material every week. I will report it to my secretary to send it to you."

So, we got that, the fourth editona there were many changes. There were elaborations it was here add there and when it sartes to get printed and proof read, you just correct it with whatever the French editon and with the German, we could also as as Russian is concerned. It still is not right. It still has material in it that perhaps should be revised a little. It has some new pages in it even in editon of preinted a little section is left out of Uncle Tooilon and when it was reprinted made sure that that section was put in, a little shortened in order to cover the pages that we didn't have to redo the page numbering. But in any event, what is now available is still pretty good. And what is in the book? Here and there information gradually becoming clear as one different things come reads and as one reads for the second and the thrid time, then something starts and then you can understand. This is the way Work should be taught, a little bit. Then later the same but a little bit different, in different sevisions, in different perspectives ways the same principle different examples, Vdifferent way of looking at the same principle, Vout gradually more and more information so that when you wish to know, you have to do a lot of reading or listening because there are constantly two possibilies of seeing what is really meant. That in the book and that is also in the meetings we've had.

I ask you s metimes to read or to listen to very old ones because it has a certain tapes don't have.

Quality which later takes not have.

Later it takes another quality which perhaps is right because it has a more of a perspective and vision and certain vistas, certain ways of looking at work and covering more material. But you see what is needed: a slow growth. It will not come over night. It will be necessary to apply in daily life.

That is your testing ground. That is where you find out if you know because you can about talk for a long time without conciousness. You are even sit quiet. I said something on tuesday about meditation and the remark then was made, "Maybe he doesn't know what

he is talking about"

I do know a little bit a bout that, And when I say things I really have experienced them. And so I way again when you meditate, it is extremely difficult to stick to the subject. And if you do, you may really lose the thread of your life because there's no application and a medition sometimes is toom long and it goes over into many forms of subjectivity because that's what you use. God is not meditating with you. Objectivity of a faculty is not meditating. It is still your ordinary mind in a very good state. It is also your feeling and your heart in a very good state with an emotional wish for understanding and contact. But where is the contact that you actually knew?

When Gudjieff talks about "I" he talks about another aspect of one's life. He talks about that what could be and could become reality. But it is an indication of what is needed in order to build it. It is not just something that your ordinary mind can conceive of. The same way as you cannot conceive in your ordinary mind the concept of now. That is the question of a moment. To understand that in its entirity—an entirety or rather as a moment free form dimensions in space as well as in time, that takes a long time to get to quintescence of that what is a principle.

And so, it is not only with Work. So it is with us as a group. So it is necessary when we really wish to Work that we allow time and that, in having this kind of time, that if we could have contacts with each other, that it could be on the basis of trust and if ee now yellows why gossip is no good, because you lose trust. You question hopesty, so then when little stories go out, which are abviously not true, but which are half-way believed what will brue really believe in when one talks about Work as a blind and an experience when tries to describe.

One talks about work as a provided and an experience when tries to describe.

But you see, again, we have exactly the same difficulty as anyone from above trying to reach the earth and trying to describe that what is there as a law wich for us is not a law as yet because we don't know it, which is very definitely a ccidental even, even if we do know about it; but to put such things of a higher as energies into words which are limited by our own forms of energy is very, very difficult.

And so when one wishes for oneself to translate an experience of an embtonal kind where there

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Ism trying to tell you something about Work. I'm trying partly to remind you. I've to share with you what I thought about us, about how sometimes, I'm very disappointed; how sometimes I wished that certain tings could be understood; and need not be said ten times; that one can take things in make it your own and then when it is part of you and it almost automatically come with you when you have Work to do and you happen to think about it.

The other night, Thursday, we talked a little bit in the beginning. I happened to talk about Saturday and the attendance and perhaps I was a little strong in what I said, but I must say I made it strong because I felt honestly about that kind of idea perhaps of coming to saturday when you possibly could come and when your and it is conscience would allow you and at times even would tell you that you should come to warwick? Why do you wish to stay here? Why do you want to come and profit at times by the Barn and the existence of other people? If you're honest in that particular aspect is that what you really wish for yourself as an aim to become a man, or to grow up, of to understand? Don't you think that opportunities should be utilized as long as you can and where ever you are at the expense maybe of other things which also are important? But your conscience will have to tell you that the other things perhaps are emergency, then of course, I do not come on Saturday because I know that for myself I have a right to

stay away. But when you don't have such ideas about what you manufacture to do, what when you come here is not that kind of an emergency or pecessity, don't forget your aim when you come here because that is for Work's sake. It is not because it is a nice little community once in a while. It's not because you can meet people. It's not that you can study types. It's not that you can start to calculate this and that for yourself in activity. It's not to make money. It is just enough to get the schooling of certain things that you really need because you wish it. For that resaon, you have to be very clear why you wnat to join even and why you wish to talk to others and even why you wnat to consider others and wish to share with them whatever you may know and so that if they ema help you in what you wish to know and which you don't know as yet, but maybe in taking part in such opportunities you might find out the solution to your wish if that INK wish was there, the wish to be here.

I know what I'm saying. Don't think that I have always such a wish to be here. Don't think that I feel that that what I'm doing is so perfect and don't think for a moment that many things that I of course have to do because I've taken the responsibility that it is all to my liking; and do you tink that I really love everybody particularly when they are stupid like hell? And that in such ways that I'm not human? Come down from your high perch. I'm just an ordinary person. I've said it a thousand times. I'm not a guru. I'm not a teacher. I just have learned about Gurdjieff and I was influenced and I liked what I heard and I knew it could help and I know definitely it is of help to different people. That's my aim. That is whay we came here to the barn. That's why we suffered a little bit. Sure, it was not always easy. Sometimes, terrible.

But I wished that you make up your mind either yes, regarding this group or no; that there are certain rules, a little bit of them, for organization, a certain acknowledgement, a certain widh that you what to share, particularly when you're up against it: or when you have in activities ce tain things that are a decision that you should make and perhaps you happen to thin a little bit every once in a while about me existing

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and perhaps that in a little conversation; and perhaps could help you a little.

Don't be stupid fools. It's all right to find your own way. Your responsibity always remains with you. But exactly like Paul do Kruef, read. Find out source material. See what you can get of good knowledge or perhaps experience. Go to experts. I Don't mean myself. Go to people who can tell you what already have lived in certain was. If you want to build, find out what they know about building before you make mistakes. Read books that are written. Go to everybody who apparently know or not knows so that you know who then knows and so that you can profit. And then you do. That is the way we work. We find out ourselves what we can't know, we go back to the book to see.

We will continue to practice until we know. We ask questions about what is Work what should I do when I don't know it. We advise every once in a while admitting that we don't know yet even at the expense of someone who says." I'm so busy." Poke at him until you really got that you wish, because you wish has to be sincere to find out. How else can you make a decision? You stay in that kind of a state of flux, sometimes, you become as Orage would call it, hot under the collar so then there is something that can flow over, but you have to eat it up to that point.

Are you eating up sufficiently? Are you actually emotionally involved in this kind of life here for the time being? as long as you are here because if you then have lived through your schoolwork, go into the world and then practice what you know.

It is not necessary to stay here all the time. You must go when you wish, and when you ena and when you owe it to yourself to go, when this has outlived its usefulness, but don't come to that conclusion to soon. Examine all the different things that you become interested in to see what it is worth.

What is the value for you day after day? In an application of your inconsciousness, day after day, when you walk on the street, or when you sit in a car or talk to peels, people, when you talk, talk, when you gossip, when you are busy, that is the time to remember Work.

And so this is what was on my mind in c oming back for the West Coast. I just want

to tell you how much this kind of Work, this group, the different people with whom I have contact here and the different people I don't have much contact with, but maybe I will when it is necessary. How much it is in my heart and how much I think about it.

Day after day, I have time to think when I cannot read. I don't have always the time to listen to the Goddamned readio and sometimes tapes. They're all so pretty bad some times. I hate to say.

But, it's all to the good because we begin at the beginning, but we begin, you see.

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I invest with Work in my inner life. I try to develop that kind of capital by the utilization and in application of daily life. That is how I develop within my inner world that what is still latent and is not as yet sufficiently grown when even to wish for a development. I have to stimulate it. My inner life is within a certain body which I try to distinguish, or rather to make it distinct for myself by giving it a name. It does not matter if that name fits other kinds of definition. I know for myself what I mean and I say, "Kesjian" when I wish to speak, a I've said, Kesjanian language. When I wish this Kesjanian body to become a body, not with matter but with lightness, with density of a certain kind, as a means for the expression that what is an emotional quality of consciousness and conscience, of trying to develop what belongs to my sense organs of my inner life, to develop them gradually and apply them and to find out what can I understand of them, not in the lanuage of my ordinary life; not by trying to drag them down in terminology of my outer world; not by the usage of certain words which have no meaning, but only when I say " This I experience."

You see, it's the same difficulty when I say," What is I?" and I try to describe it, and I say, "It is a container." And then it has to have a quality and that quality that I could give it is my life. I dont know enough about even how to give it, but I can pray for it as a quality from above, as life and don't know howto describe it. I say of the a was chess think and I Heavens, I don't know it. I have to experience it. I have to sit. I cannot the way cannot feel.> and the same this or that. I cannot put fords in it an awareness, new can I experience it? How do I experince different phases of reality? This is the problem. I wish awareness as belonging to a higher level of being which I call objectivity. And now I make attmepts. I close my eyes because even by sense organs I what to exclude because I'm still subjective. I common that them with me, and I cannot take them with me anyhow because they belong to this earth and I'm not even entitled to them. Only my body is entitled. My inner life doesn't wish them, but my inner life also has to grow because it has to become Kesjanian body, I say; And what will it have as attributes? Will it weighing IN have a conscience? Will it actually start to work as a conscience in wirghing pondering? Do I have that kind of material that I use as an ordinary word, can it be applied to a spiritual existene? Like sometimes I say rules of chemistry hohysics which are laws ____ applied for the sake of using example which can be understood as if that is actually the case for psychic knowledge? But sometimes it's good to indicate it, what it might be.. Maybe I'M all wrong when I get there and actually, run the psychic laboratory. It's the same way aware vit's not thinking. What is it, existence, acceptance of that what is and I have a hard time because that's the concepts, not very clear. I say " Yes, I know my existence when I pinch my 18fe. I know what I see. I know what I call my world. But now it's my inner life and I don't know it. I still would like it to be developed. So, I imagine and I keep on having concepts of imagination and I live in my imagination and I create a world is creating worlds belonging to that imagination, like I create an I world for me which them becomes my inner life, a a result of an inner life developing of an I which then Mas attributes of this "I", that is sharp observation without partiality, observation at the moment when things do happen, benevolence of that what is an ob-

serving entity, Wash to grow up because God is in heaven and that is where my wish is going. Wish for fusion ultimatley with the existence of all things as they are existing and fundamental acceptance of that what is, as is, to the extent that I can understand Any kind of a concept of that, that becomes my world. That is the world I can cre ate and mou might say, become gradually familiar with.

That is why I say Work on oneself is important; And regardless of any kind of interest in Krishnamurta or Rimpushe or Swedenborg, or anyone you wish to know. It's all lovely and beautiful. Where do you buy your bread tomorrow morning so that you can eat and go to heaven? These are the thoughts I brought with me.

These are the thoughts I tell you about because I wish to share it. It's not for me 🕏 that I have thoughts. It is not at all a particualr enjoyment even to say them, but I wished you'd understand your bake and your honesty , what it may be required for you what to do about it and I would like to repeat again, the little task I gave you. I say mow, "For God's sake , Bon't gossip and if it happens in your neighborhood, will you please tell such a person to go to hell because it is purgatory (?)around and believe in it even a little.

To Gurdjieff

And so I with you a good Sunday. Good night.

Sunday bulle 33 B arn Lunch

MR: NYLAND:

new beginnings So, birthdays, rebibth, Rennaissance, making up one's mind, all wash things go together. It means a new attitude, a new desire for something beginning, sometimes connected with coincidences. I tell, you, the number of the music last night was 1890. That is the year I was born, and of course it satisfied me to think again. I can't WILL help probably to have thoughts, why this 1890 when I thought the music for me and the evening as a whole was determination of a certain kind and when say it si coincidental, like a new I may do it like a Rennaissance, it is like a determination. Thinking about last night, I said for me it's like a Declaration of Independence. I mean by that that I try to reformulate the aims of working together and why we have a barn and that I feel that it is nec

necessary to understand the res sons and time and time again, to be remined of that kind of an aim regardless of all the different things that go on and the experience, that is something we wasperione in ordinary life and that many times because we are so concerned with it and because of the different problems that have to be settled simply do not leave enough room for anthing pertaining to one's inner life and still the predomination that is what is most improtant should become more and more the placing of the accent of where you really plant your center part of that what you as being and it more and mofe should be shifted to your essential being, to that what you really are coming as close to an absolute value of yourself as you can make it. And so this kind of a new understanding for oneself. I say a rebirth almost, Rennaissance, of that what is and what has to be, and thin is acceptable because one wished to that way and not some other way, in connection with the grace of God. Always that must enter becaus e the fact that we are alive, links us up with the totality of all life existing, and we are not separte units and we are united on the basis of life among all of us within all of us. That is enat gives no only the force but that what becomes ultimately the realization of one's, provided one eeuld do wayay. All gradually makes the form more transparent.

But really the result of Work is this question of making the form transparent not eliminations but not giving it the value which it has from one's ordinary eyes. The transparency can be understood by awareness. There is no reson why one cannot see life and it the same time become aware of that what is the transparency of the form. But then when it exists and when one knows it is there and accepts it, en can accept life of or what life is worth. But hen see, it's only one step. It is just recognizing that what is essentiality or see essential essence, and then one has tosectart with that and work towards the surface, towards one's ordinary execution of different ways in the way of behavior, the way one is, the way one thinks and feels, and then that what has been touched within has to sairt to color that what becomes an expression. If one can understand it in that kind of a basis, the realization of that kind of a reality among us as inner life, as that where life exists and where it can meet. When it can

not meet as jet as far as the form is concerned because we have prejudies about it, as that which is essential, it comes closer. If it could come to absolute values of life, it would be ideal. It does take time but even in temelessness, one cannot have the concept as yet of this kind of a fusion or becoming a one necessary one cannot have the concept for us on earth of become one. I think we have to serve nut our Karma, perhaps have I think enchast to see ones life in to learn to understand what is the end also what was the beginning. We don't juin the end. Totality. The can be shifted from day to day. One can have presentments about that without having to place any particular value on it because we honestly, we don't know that kind of a less the beginning.

when we are away from this earth, when we have climbed up that vertical pole, when that what is the result of Work on oneself has given us more lightness in density and the ability actually to have an instruments which becomes more sensitive. Then the accumulation of that kind of knwoledge is also tinted in a different way. It is not that heavy as it usually is on earth but the lightness is introduced by bringing about the situation of more molecules separating from each other and leaving more space in between very much the same as any you consider a molecule. That is of couse the bound or circles of electrons surround it but the space in between the electrons and the nucleus within is also tremendous compared to the total volume of each or the quantity of electrons. We have to learn to understand space in that way when it may be held together temporarily because of attractions that ultimately, wuch attractions also will have to disappear and there then all that will be left is space and such space lightpoints of energy operating, crystalizing out and decrystalizing. That is the magnificient possibility of a man to see that within himself he repeats exactly that what takes palce in the micro-cosmos.

There are three gradations to cosmologist; that what is macro, that what is micro which is amn; that what is atomic structure which is a micro, micro. One must see these kinds of things in forms of three because the three makes a totality of a man. He can become aware of that what he is. He can gradually understand more and more of that what he is within. The necesity of the establishemnt of a relationship towards God will live in the third, fourth as a

will live in the third, fourth as a possibility to become for himslef as unit which he wishes to strive for but he doesN't know how to do it.

where we happen to live is always the law of three. The law of three is the end because then it is only one step towards fusion. The law of three is at si, only one half step towards the DO of finishing. That what is the understanding for oneself is to go from knowledge to understanding of being, form the three centers to the totality of an existence, Of oneself as a whole. That is really an aim. This we must remember. Whenever we work, whenever we see ourselves, whenever we see a relationship of a mind starting us an 'I' in relation to the body, working its way the course repring wantin as a wish to push to contine to wish to create, to continue with existence of 'I' being and then when 'I' is merged with the other two, the totality of oneness, of one's man, of a man, in relation to his wish to become what he ought to be.

I think it is right that we talk about it once in a while. I think it is necessary that you sit down and think about it, that you come to a realization of everytime, maybe each day. Maybe each week. You seem to the realization of 'here I am,' but I must be loser about what I am, because confusion will never help you to act. You will go ahead when you know definitely, This is it and now there are no further questions. When you keep on thinking, feeling, when the two sometimes cannot be mixed even which remain heterogeneous, that you wish for homogeneity of course you do. But then you have to work for it otherwise on themselves as mind and as feeling, they will never join. They speak a different language.

How can we help each other? What can we really do? What is there in store for us this afternoon? What isntwonedinfor yourself in considering others? I mean, that kind of help of creation of that what is right for them like you create for yourself that what is right for them all the time having in mind what is ahead to look forward to that what is feasible, to know what must be; also what must be given up. Don't hang on to things that have lost their value. Extract all you can from what you are doing and

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give that as essential value, start on your next step. Don't look back. You might turn into salt. Ahead is the game. That is where we wish to go. We don't want to stand still to long, just a little to come to yourself when you're out of breath. But then again, you must take a step forward. You are compelled to walk when you are healthy.

I hope for this afternoon, I whished you could understand life in all its differnt aspects in relationships with eachother in an understanding of what is really menat by a realtionship and to ask yourself the question, "What for?" Why should I wish to continue? And is the answer really good for me? Or do I continue in directions which are grounding me down? I want to get up. I don't wear to crawl. I want to stand up and stretch out my hands towardsheaven almost wishing that at certain tiems we could change over into wings so I could fly away.

If you are lifted up on the balls of your feet, if you can tretch out your hand, if there is in a whole body a suging upward, a current wishing to get wayay from this but away the bondage of earth and to live somewhere, not knowing where, at least away from this earth, and to live If, when you can jump, at take time when you have reached the highest height of your jump, it is possible for you, that is the time I now say that you could really work, that you seel what you are, that you can agree with it and that you thank God for giving you the opportunity actually to know yourself.

I hope Gurdjieff can help you.

Drink to him.

I'll play a little piano this time. I don't think the organ is pure enough. So, just a little bit if you don't mind.